

JUNE 2014



FIFTY PLUS

Lynchburg Parks and Recreation 434-455-5858

www.lynchburgva.gov/parksandrec

\$ Advance payment required for registration. ☎ Advance registration, call 455-4115 or number listed with activity. Payment, if required, accepted onsite. *Evening/weekend activities & times identified in "GREEN" throughout the newsletter. City of Lynchburg Residents...Look for the "LR" symbol to find your discounted fee.*

TEMPLETON SENIOR CENTER (TSC) **225 Wiggington Road - 455-4115**

\$ Beading with Jamie

In this class you will make a "Fortune Teller's Bracelet" which uses a knotting technique to connect colored cord, Howlite beads and a button closure. Although it sounds intricate; if you can tie a knot, you can do this project!

Instructor: Jamie Carlund

Register by 6/13.

Fee: \$10.00

74404.220

W 6/18 1:00pm-2:30pm

\$ Bridge Class: Beginners

Discover the fun of bridge as you learn the basics of the card game. Beginners of all ages are invited to try their hand at this 6 week class. No previous experience needed.

Instructor: Phyllis Moldenke

Register by 6/19. 6 Week Session

Fee: \$49.00 LR: \$34.00

74002.221

M 6/23-7/28 6:00pm-8:00pm

Flag Day Commemoration

Join the American Legion Post 16 Honor Guard as they demonstrate the ceremonial folding of the flag. Listen to the reason behind each fold of our nation's flag and feel your pride and patriotism swell. Following the flag presentation, Robert Cardwell will lead a patriotic music sing along.



Tu 6/10 10:30am-11:30am

Intergenerational Activities!

Classes are geared for children 4-8yrs. old. The fee is per child.

☎ How Worms Help the Garden Grow!

Master Gardener, Jordan Welborn will teach about worms and gardens with fun, hands on activities to engage young gardeners. Refreshments include an edible landfill! Adults are encouraged to stay and learn along with their children/grandchildren.

Register by 6/6. Fee \$3.00

73004.211

Th 6/12 10:30am-11:30am

☎ Nature Crafts for the Young Gardener

Parents/Grandparents will enjoy helping their young ones as they make their very own bird feeders and "fairy garden" potted plants. Class is led by Master Gardener, Patty Butters.

Register by 6/16. Fee \$3.00

73004.212

Th 6/19 10:30am-11:30am

☎ Fun with Foods for Kids

Learn that wholesome food can be fun and tasty in this class for kids. A variety of nutritious snacks will be prepared and sampled in this class for the kids and the parents/grandparents who love them.

Instructor: Leslie Hoglund

Register by 6/24. Fee \$3.00

73004.220

Th 6/26 10:30am-11:30am

\$ Genealogy on the Web

Interested in tracking your heritage? There is a world of information waiting to be explored on the World Wide Web, but not all sites are created equal. Learn how to use the best ones to full advantage and search the census at home with free sites. New information is constantly being added, now may be the ideal time to find out about your ancestry. Bring your own laptop, if possible.

Instructor: Marsha Berry

Register by 6/12. No class on 7/1.

Fee: \$32.00 LR: \$25.00

74003.220 3 Week Session

Tu 6/17-7/8 6:30pm-8:30pm

\$ iPhone Basics

Do you want more information about the iPhone and its features? Learn the fundamentals of the settings, using apps, photo options, and more. Bring your phone and your questions.

Instructor: Steffy Whitesell

Register by 6/13. Fee: \$6.00

73004.222

Tu 6/17 7:15pm-8:30pm

Meet the Authors – Toni Roberts and Branch Isole

Toni Roberts, an Amherst poet, has released her first children's book "A Kite named Jack and other Rhymes" as an ebook. Branch Isole from Hampton, VA, author of 20 books in four genres, will also be here. They will share their writing experiences and discuss the pros and cons of publishing traditional and ebooks.

Tu 6/24 10:30am-11:30am

Mid-Month Movie

Discover your amazing "Planet Earth" this summer. We will show episodes from the DVD series showing the beauty of our earth in remote locations. Join us for upcoming segments on 7/15 and 8/12.

Tu 6/17 10:30am-11:30am

\$ Sculpt and Tone Exercise Class

Begin with a cardio workout then focus on trimming and toning using weights, bands, steps and mats.

Instructor: Steffy Whitesell

Register monthly. 4 Week Session

Fee: \$36.00 LR: \$24.00

74209.220

Tu Th 6/3-6/24 6:00pm-7:00pm

\$ Soup and Salad Luncheon

Take time out to dine with friends and try a delicious bowl of chicken tortilla chowder. Along with the soup, enjoy a cool crisp salad, dessert and drink. Come early for the Meet the Author Program. See page 1 for details.

Register by 6/20. Fee: \$4.00

73004.223

Tu 6/24 11:30am-12:15pm

Video Chair Exercise Class - FREE

Get fit and have fun exercising. It's a great exercise program you can do right from your chair! No Class 6/3.

M,Tu,Th,F 6/2-6/30 9:30am-10:15am

\$ Watercolor: Introduction to Botanicals

In this introductory class, students will learn pencil drawing and sketching, use of color, perspective, and depth as they relate to watercolor painting. Students should bring: pointed round sable brushes #4 and #6 and a small scrubber brush.



Instructor: Virginia Klute

Register by 6/2. 4 Sessions

74401.221

Fee: \$85.00 LR: \$70.00

Th 6/5-6/26 1:00pm-4:00pm

\$ Yoga

This class combines stretching, breathing, and holding postures for better overall health.

Instructor: Debbie Ladd

Register monthly. 4 Sessions

Fee: \$36.00 LR: \$24.00

74203.220

Tu 6/3-6/24 8:15am-9:05am

\$ Zumba

Energize your day with a great cardio workout as you move to the beat of Latin inspired music.

Instructor: Steffy Whitesell

Register monthly. 4 Week Session

Fee: \$36.00 LR: \$24.00

74205.220

T Th 6/3-6/26 1:00pm-1:45pm

\$ Zumba PM

Experience an exhilarating cardio and toning workout, with easy to follow dance moves using Latin inspired music. No class 5/26.

Instructor: Kirstin Eubank

Register monthly. 4 Week Session

Fee: \$36.00 LR: \$24.00

74208.220

M W 6/2-6/30 5:00pm-5:45pm

SUMMER CONCERT SERIES

Lynch Mountain Ramblers

Tap your feet and sing along with this talented group as they share their enthusiasm and bluegrass music.

Saturday, June 14

7:00pm-8:30pm

W.D. & Co.

Big Band to 60's Beach music.

Saturday 7/12 7:00pm-8:30pm

Smokey Wilson

Country Gospel favorites.

Saturday 8/9 7:00pm-8:30pm

Special Interest at TSC

Canasta

Have fun and exercise your brain as you play this popular card game. New players and beginners are always welcome.

F 6/6-6/27 9:30am-11:30am

Current Issues & Events

Dr. Jim Campbell leads this interactive group as they discuss hot topics in the news.

W 6/11 & 6/25 10:30am-11:30am

Literature for Life

Leader, Dr. Jim Campbell, explores a variety of American Literature and poetry. New comers are welcome.

Th 6/12 10:30am-11:30am

Mahjong

Enjoy this Chinese tile game of luck, strategy, and skill. Played similarly to Gin Rummy, it's a great way to exercise your brain. Beginners welcome.

Th 6/5-6/26 9:30am-12:30pm

Coming in July @ TSC

\$ Oil Painting Basics with Rodney Laughon

Beginners will learn to mix colors and incorporate basic elements to create a beautiful landscape. Students should bring their 11" x 14" canvas and their brushes. Register by 7/4. 3 Sessions

Instructor: Rodney Laughon

Fee: \$50.00 LR \$35.00

74400.230

Tu 7/8-7/22 6:30pm-8:00pm

\$ Watercolor: Color Discovery

Experiment with color as you learn to layer, blend and add depth to your painting. Discover tips on how to avoid and correct mistakes.

Register by 7/7. 4 Sessions

Instructor: Betty Leary

Fee: \$55.00 LR: \$40.00

Templeton Senior Center

Th 7/10-7/31 6:30pm-8:30pm

FAIRVIEW CENTER (FC) **3621 Campbell Ave. - 847-1751**

Bingo

Bring two, new unwrapped gifts to be used as prizes.

W 6/11 10:30am-11:30am

\$ Ceramics Club

Select your own project. Check with Jamey for pieces and pricing.

Club Fee: \$5.00 Register monthly.

W F 6/4-6/27 9:30am-11:30am

\$ Fairview Fitness

Enjoy low impact, self-paced classes with a fast, upbeat routine that helps trim and tone. Instructor: Jan Baker

Register monthly. 4 Week Session

Fee: \$36.00 LR: \$24.00

63300.220

M W F 6/2-6/30 11:30am-12:20pm

\$ Golf: Beginning Skills

Learn techniques and skills to get you on the golf course. Some clubs furnished, but feel free to bring your own. Test your skills at the end of the lessons, at a local golf course, TBA.

Instructor: Shirley Thomas

Register by 5/28. 5 week session

Fee: \$23.00 LR: \$15.00

63300.226

M 6/2- 6/30 9:30am-10:30am

\$ Lunch and Learn: Scams

Cindy Kozerow, Crime Prevention Specialist, will speak about different scams and how to protect yourself and your family.

Register by 6/18. Lunch Fee \$4.00.

63400.220

W 6/25 11:00am-12:00pm

\$ Pottery Craft

Using clay, create and design a flower pot. Choose paint color of your choice. Register by 6/13. Fee: \$8.00

63600.221

F 6/20 & 6/27 10:30am-11:30am

\$ Zumba at Fairview

Move your feet to a Latin beat for a fun cardio workout to tone and trim.

Instructor: Kirstin Eubank

Register monthly. 4 Week Session

Fee: \$36.00 LR: \$24.00

63300.221

Tu Th 6/3-6/26 6:00pm-6:45pm

Special Interest at FC

\$ Archery 101: Adult Class

Learn the basics of archery including parts of the bow, shooting form, and the layout of the range. All equipment provided. This class is a prerequisite for all other archery classes offered. Register by 6/4. Instructors: P&R Staff

Fee: \$33.00 LR: \$22.00

73708.220

Tu 6/10 6:00pm-8:00pm



\$ Archery Instructor Certification Course

Successful completion of this course will result in a Level 1 certification through USA Archery. It is the official training course for USA Archery and the National Field Archery Association. Learn skills necessary to instruct short-term recreational archery programs. This course includes range set up, steps of shooting, equipment knowledge, how to repair equipment and much more.

(Rain date 6/21)
Instructor: Kaleb VanDePerre

Register by 6/2. Fee: \$75.00

Sa 6/7 9:00am-6:00pm

Call the Fairview Center for more information on Archery Classes and the Archery Club.

Billiards

Two tables are available for recreational billiards.

M W F 6/2-6/30 9:30am-1:00pm

\$ Line Dance

Interested in line dancing for fun?

Join this group of dancers any Wednesday and enjoy an energizing morning.

Fee: \$2.00/class. Pay on site.

W 6/4-6/25 10:30am-11:20am

Social Bridge

Do you enjoy playing bridge and making new friends? Come join the fun at Fairview.

M 6/2-6/30 10:00am-11:30am

Social Knitting

Interested in knitting? Join fellow knitters in this fun, social knitting group that meets the 3rd Wednesday, of every month through the summer. Bring your current project or start a new project. Call Jamey at Fairview 847-1751 for more information.

W 6/18 10:00am-12:00pm

ART STUDIO AT JACKSON HEIGHTS **720 Winston Ridge Rd - 455-4001**

\$ Beginning Hand built & Wheel Pottery – Two Classes Offered

Learn to make clay pottery using both hand-forming and wheel-throwing techniques.

Instructor: Gail Speidell

Register by 6/10. 8 Sessions

Fee: \$103.00 LR: \$88.00

26000.240

Tu 6/17-8/5 9:00am-12:00pm

Or

26000.241

W 6/18 – 8/6 6:00pm-9:00pm

\$ Stained Glass Panel

Learn to cut, grind and solder to create a colorful window hanging.

Instructor: Carter Martin

Register by 6/19.

Fee: \$105.00 LR: \$90.00

63600.220

Tu 6/26-8/21 6:30pm-8:30pm

2014 Annual Conference on Aging

Aging Well in Mind, Body & Spirit

Tuesday, June 3 8:30am – 4:45pm
Lynchburg College

OTHER LOCATIONS

\$ Bowling

Enjoy weekly recreational bowling without the commitment of league attendance and play.



Game Fee: \$1.25/game plus tax
Fort Hill Bowling Center,
6015 Fort Avenue

Tu 6/3-6/24 1:00pm-3:00pm

\$ Fifty-Plus Pickleball

Discover the fun of Pickleball, a racquet sport which combines elements of badminton, tennis, and table tennis. *Note times below.

Staff: Marsha Berry
Register & pay monthly.

Fee: \$10.00

Heritage United Methodist Church,
582 Leesville Road
73703.220

*Beginners & Intermediate Players

Th 6/5-6/26 1:00pm-3:00pm

**Advanced Players

Th 6/5-6/26 3:00pm-5:00pm

***The gym will be unavailable on
June 5th & June 19th. Meet at the
Fairview Courts from 9:00-11:00am.

\$ Fifty-Plus Pickleball Clinic

New players and beginners are invited to improve their skills at this one day clinic at the Fairview Center outdoor courts. Rain date: 6/19

Fee: \$10.00 Clinic/June payment
73703.220

Th 6/5 9:00am-11:00am

The Fairview Center courts are available (weather permitting) from 9:00 to 11:00 every Monday morning.

\$ Fifty-Plus Putt Putt

Enjoy miniature golf each Monday morning. No registration required. Season continues through mid-October. Adults only please. \$3.00/two games. Putt-Putt Fun Center, 8105 Timberlake Road
M 6/2-6/30 9:00am-11:00am

\$ Fifty-Plus Softball

Play focuses on fun, fellowship and exercise. All players, men and women, age 50 and over are invited to participate regardless of skill level. Staff: Lynn Fox
Register & pay monthly. Fee: \$10.00. Peaks View Park Field # 1
73702.220
W F 6/4-6/27 9:00am-11:00am

☎ Golden Gourmet @ Olive Garden

Bring a friend, or make new ones, while enjoying local food and having a laugh or two. Bring along a humorous story or joke to share. Register by 6/25. **Call 455-4115.**
73700.220
Meet at: Olive Garden Restaurant
4038 Wards Rd.
F 6/27 11:30am-1:30pm

New Chapter Book Group

Like a scene torn from the headlines, *Nineteen Minutes* by Jodi Picoult tells story of a bullied youth who seeks revenge on his tormentors. In this emotionally charged novel the author delves beneath the surface to explore what it means to be different in our society.

Meet at: The Drowsy Poet/Givens Book Store, 2236 Lakeside Dr.
M 6/23 10:30am-11:30am

ACADEMY OF FINE ARTS 600 Main Street - 846-8499

\$ Knitting Skills: Basics

Learn basic knitting skills in this two hour workshop.

Instructor: Judy McGhee

Register by 6/2

Fee: \$10.00 LR: \$15.00

73001.210

M 6/9 6:00pm-8:00pm

\$ Watercolors: Beginning

Learn how to combine color theory, and techniques to create summer theme incorporating shadowing. Beginners only.

Instructor: Linda Duff

Register by 6/4

Fee: \$60.00 LR: \$75.00

74401.220

W 6/11-7/2 6:30pm-7:30pm

Newsletters are available for pick-up at the following locations:

- Lynchburg Community Market
- Lynchburg Public Libraries
- Parks & Rec. Office & Centers
- Lynchburg Visitor's Center
- Central VA Area Agency on Aging
- Beard Center on Aging, Lynchburg College
- Forest Library
- Doctor's offices



City Wide Program Staff

Allyson McSwain,
Supervisor City-Wide Centers

Lynn Fox, Senior Recreation Specialist,
Templeton Senior Center

Marsha Berry, Recreation Specialist
Templeton Senior Center

Tamara Reynolds, Recreation Specialist,
Templeton Senior Center

Jamey Love, Recreation Specialist
Fairview Center.

Lynchburg Parks & Recreation Department complies with the Americans with Disabilities Act for qualified individuals. If reasonable accommodation is needed, please tell us upon registering and at least 10 days prior to the class or event.